

NEWS

NHB trains Tri-Command incident response teams

LANCE CPL. BRIAN KESTER
STAFF WRITER

Naval Hospital Beaufort held a class in Critical Incident Stress Management at the Heritage Center Jan. 22 - 23.

Commander Bryce E. Lefever, head of the Substance Abuse Rehabilitation Program in Norfolk, Va., instructed students on methods used by Critical Incident Response Teams, and during a Combat Stress Debriefings, in the operational theater.

Lefever then led the students through scenarios recreating real-life incidents.

“The purpose of the course is training professionals to respond with psychological first aid to service members affected by any traumatic event that has the power to disrupt lives,” said Lefever. “The course, at a minimum, requires two days so that we can provide [the students] with three practice sessions where they are doing mock run-throughs of real incidents with role players.”

In dealing with people who have been exposed to trauma, personnel need to be equipped with the proper methods of handling the experience.

“This technique is designed to get people past the overwhelming nature of the trauma,” said Lefever. “Essentially, it inoculates them from having worse psychological problems down the line, like post traumatic stress disorder.”

Lefever taught methods that aid personnel in coping with problems associated with distressing events.

“The person who takes this course will be fully trained to be able to provide a critical incident stress intervention for any number of traumatic events including combat,” he said.

The students of this course will put



Lance Cpl. Brian Kester
Commander Bryce E. Lefever, head of the Substance Abuse Rehabilitation Program in Norfolk, Va., instructs students during the Critical Incident Stress Management course at the Heritage Center Jan. 22 - 23. The course is structured to train professionals to respond with psychological first aid to service members affected by any traumatic event.

the techniques to use locally and abroad.

“About two-thirds of those in attendance of this class will be deployed, and they need to be able to deal with troops who have undergone traumatic incidents in an operational theater,” said Lefever. “It is also a good technique for combat stress debriefing, even if there is not a particularly bad

outcome. It is a sort of maintenance for the troops who are exposed to the extreme stress of combat.”

The course not only trains those who will be deployed but also those who will stay behind.

“We are training hospital personnel and others to form the nucleus of a [Critical Incident Response Team],” said Lefever. “So that if there is any

military-related event in the region, such as a death, trauma, accidental death or some other incident, there will be a team who can respond.”

Commander Gary W. Noble, head of the Behavioral Health Department, NHB, will head local the team.

“The team is still in the organizational stages of its construction,” said Noble. “It will be available to the Tri-

Command area, should the local commanders request the service. I have used this method in the field, and it seemed to be very effective.”

The local team will be constructed using the same structure that the students became familiar with during the course.

“There are two components to one of these teams, the mental health professional role and the peer role,” said Lefever. “The peer role in the military is usually taken by hospital personnel or security people.”

Lefever sees these teams as tools for commanding officers to utilize when an incident occurs and encourages their use.

“We can provide a lot of assistance to their personnel,” said Lefever. “The assistance we provide is not psychotherapy. We are not messing with anyone’s minds. What we are doing is helping them overcome the stress of traumatic events in order to get their personnel back on their feet.”

The following is a list of events for which a debriefing should be considered:

- Line of duty death.
- Suicide of a coworker or colleague.
- Tragedies where children are involved.
- Prolonged rescues. (Especially with bad outcomes)
- Bad outcome in medical procedures.
- Any tragedy with intense media exposure.
- Unexpected death of a colleague or coworker.
- Accident with serious injuries.
- Events with multiple casualties.
- Natural disasters.
- Combinations of the above.

For more information, contact Cmdr. Gary Noble at 228-5599.



Pinewood derby cars zoom down a wooden racetrack as a cub scout watches, during the annual Pinewood Derby at Laurel Bay Saturday. Pack 283 has held the derby aboard Laurel Bay every year since 1978.

DERBY,
Continued from Page 1

more than 50 scouts and their parents cheered on their respective cars as they zoomed down the ramp, hoping their five-ounce creation would somehow cross the laser-beamed finish line a fraction of a second faster than the others.

The scouts raced their cars to see who was the best in each group, broken down by age into the Tigers, Wolves, Bears and Webelos, which stands for “we be loyal scouts.” Then, the fastest four competed against each other to determine who had the fastest car out of the whole pack, also known as Pack Speed.

After all the races were completed and the scores were tallied up, the children showed anticipation as scout leaders awarded the derbies based on speed and overall best in show for each division.

Taking home first place for Pack Speed was 10-year-old Webelos Zack Benke, second place was 7-year-old Wolf Mark Board, and

the third place trophy went to 9-year-old Webelos Luke Board.

Although the scouts were excited after having been recognized for their award-winning derby, the intangible benefits outweighed what a ribbon or trophy could provide, said Pack 283 Community Representative Chief Warrant Officer 3 Toby Molina.

“The more kids we have involved in this, the more lives we change,” said Molina, who is also the deputy director for the Communication Information Systems Division aboard the Depot. “The scouts provide well-structured leadership, and it’s something to take up their time constructively. There are a lot of activities that each child needs to do in order to earn their badges, which builds a good solid foundation for future success.”

The Wolf Den of Pack 283 meets at the Community Center, or “Scout Hut,” every Wednesday at 6 p.m.

To learn more about the Cub Scouts, call Molina at 228-3320.

Depot bikers team up for special fundraiser

CPL. ALISHA R. FITZGERALD
STAFF WRITER

A high-performance sportbike motorcycle group, made up of Tri-Command Marines and sailors, helped raise money for area Special Olympic athletes at Specialty Motor Sports in Bluffton Jan. 17.

The group, Endangered Species, lured in motorists with their bike display and hand-made signs, accepting donations to raise approximately \$1,000 in a four-hour period.

Endangered Species was recruited for the event by Sherry Taylor, assistant manager, Specialty Motor Sports, who helps sponsor the Special Olympics.

“I had a working relationship with the group, and I thought they would be great for promoting the drive,” said Taylor. “Their mere presence with their bikes drew a lot of attention to what we were doing, which was extremely positive.”

Projecting themselves in a positive light was one of the main reasons Endangered Species decided to help out with the project. The group has only been in existence for a few weeks, and this was one way to gain some beneficial exposure.

“We want to help out the local community in whatever way we can,” said Endangered Species President Staff Sgt. Jason Itro, maintenance chief, Depot Motor Transport. “It helps promote a positive image for [sportbike] riders.”

A couple of days prior to the event, Itro and the rest of Endangered Species made their rounds in Beaufort, encouraging people to come out and support the cause.

“They really came through and did a great job,” said Taylor. “Without them, we wouldn’t have raised near what we did. They put the bikes out there next to the main road and practically took over, which was fantastic.”

The job the riders did could be most accurately reflected not by how much money was raised, but on the faces of the Special Olympic athletes, who were there to reap the benefits of the group’s efforts.

“They had a blast,” said Itro. “Some of those kids will never be able to ride a motorcycle because of their handicaps. They got to sit on them and see them up close. That made it all worthwhile.”

Seven Marines and two sailors currently make up Endangered Species’ official structure. The group rides together, holds meetings and attends special events, including a showing of “Torque,” a biker movie from Warner Brothers Pictures.

“We called the theater manager ahead of time to let them know we were coming and to make sure there would be enough parking,” said Itro. “We thought it would help bring more people in to see the movie, and he was all for it.”

Endangered Species has also attended some bike shows together, where the riders

enjoy being advocates of the military lifestyle.

“With all of us being in the service and having a passion for bikes, we get to promote the military in a positive light out in the bike world,” said Itro.

Itro said that being in the group helps to keep him and the rest of the riders out of mishaps by having to adhere to specific guidelines in order to maintain membership.

“We don’t want any negative attention,” he said. “We have

requirements and a strict rules list for all prospective members.”

As a new organization, Endangered Species is in the process of scheduling appearances at upcoming community events in an effort to draw more positive attention.

“Right now, we’re still trying to find out what’s out there that we actually can do,” said Itro. “We’d like to be able to show up to events to draw crowds, promote bikers and maybe make some kid’s day.”